

September 2022

Carver Council on Aging

What's Happening in September

Healthy Nutrition 4-Week Series

by Amanda Heintzelman, MS, RDN, LDN

with Old Colony Elder Services

Tuesdays, September

6, 13, 20 & 27 at 1:00 pm

Participants will learn how to choose foods that provide the most nutrients, how to interpret food label information, tips and tricks for effective grocery shopping and how to keep your food safe to eat and what to have on hand in case of an emergency. **Please register at 508-866-4698 x3.**



Meet the Author: Debi Graham-Leard

Friday, September 16th at 10:00 am

Join New England author Debi Graham-Leard to learn how she created her mystery series.

- Which characters stay, which drop away and who to add.
- Story location and season as depicted by each cover.
- The mystery her amateur sleuth will solve.

There will be a Q & A session as well as autographed books available.

Please register at 508-866-4698 x3.



Movie Matinee -

The Philadelphia Story

Friday, September 16th, 12:30 pm.

This classic comedy is about a socialite whose wedding plans are complicated by the simultaneous arrival of her ex-husband and a tabloid magazine journalist.

Register at 508-866-4698 x3.



RMV REAL ID Workshop

Friday, September 30th

at 10:00 am

A representative from the Registry of Motor Vehicles will provide the facts on new federal and state requirements concerning driver's license and ID card renewals. **Please register at 508-866-4698 x3.**



Owls Up Close

Sponsored by the Carver Cultural Council

Wednesday, September 21st at 2:00 pm

This program from *Eyes on Owls* introduces you to the owls of New England and beyond. Mark and Marcia Wilson share the field marks, signs and naturalist's skills that you can use to find wild owls without disturbing them. Next, you meet six live owls (from small to huge) up close. While the selection of live owls varies from group to group, chances are you'll meet New England's tiniest owl, the Northern Saw-Whet Owl along with the world's largest owl, the Eurasian Eagle Owl. **Drop-in!**



This program is supported by a grant from the Carver Cultural Council, a local agency that is supported by the Mass Cultural Council, a state agency.

COUNCIL ON AGING

Monday -Thursday

9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver

508-866-4698

COA DIRECTOR / ACTIVITIES COOR.

Connie Kelly

Monday-Friday

8 AM-4 PM

508-866-4698 x3

connie.kelly@carverma.gov

BOARD OF DIRECTORS

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The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm
a MINIMUM OF 2 BUSINESS DAYS IN ADVANCE
to schedule a seat on the bus.

Please have the *address* of the location you need transportation to when you call.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are *only able to wait a maximum of 5 minutes*
after the scheduled pick up time.

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket
Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth
Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made as far in advance as possible.

As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.

It is never too soon to reserve your spot!

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make **FREE** limited copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.
Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call **508-866-4698 x 3** for an appointment.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!
Checks can be sent to:

Friends of Carver COA, P.O. Box 72, Carver, MA 02330.
For more info check the website: friendscarvercoa.com



SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call **508-295-5999** for an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

FOOTCARE

Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.

TALK WITH THE TOWN ADMINISTRATOR (TA)



Starting in September, Carver Town Administrator Robert Fennessy will be available to meet with any seniors to discuss their concerns at the Carver COA every third Tuesday at 10:30 am.

For more info call 508 -866-4698 x3

GATRA MINI-BUS

Peggy Wood
Dispatcher
Monday – Friday
9 AM-12 PM
508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles
Outreach Facilitator
Monday - Friday
8 AM - 4 PM
508-866-4698 x 2

NUTRITION CENTER

June Benson
Monday -Thursday
8 AM - 3 PM
Friday 8 AM - 12 PM
508-866-4698 x 4
Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson RYT500 - Mondays, 12th, 19th & 26th at **10:00 am**. Classes will be held at Sampson's Pond, weather permitting. Otherwise, they will be held inside the COA. Suggested \$5 donation. **Please register at 508-866-4698 x-3 to reserve a spot and a parking pass for Sampson's Pond.**

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm. Call to register at **508-866-4698 x3.**

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 pm. Register **508-866-4698 x3.**

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Thursdays, 12:30 pm (Arrive before **12:15 pm** to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the *first* Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia Burbank Fridays, September 9th & 23rd at 1:00 pm. **Cost: \$5**
Please register at 508-866-4698 x3.



BEREAVEMENT SUPPORT GROUP

Meeting on Friday, September 23rd at 10:00 am. **Please register at 508-866-4698 x3.** (4th Friday monthly)

MEET & GREET WITH HEIDI

Meet COA Outreach Facilitator, Heidi Lufkin-Miles, in the Small Meeting Room of the Carver Public Library or call to set up an appointment **508-866-4698 x2.**

iPAD INSTRUCTION w/ Lydia Nelson

Tuesday, September 27th at 10:00 am. Bring your own iPad or borrow one of ours for the class! **Please register 508-866-4698 x3.**

WHAT'S HAPPENING THIS MONTH

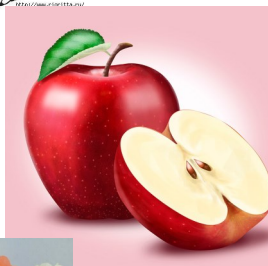
WEEKLY CRAFT CLASSES

Sponsored by the Friends of Carver COA Wednesdays at 10:00 am **Please register 508-866-4698 x3.** Supplies may be limited.



Adult
Coloring
Owl
9/7

Apple
Painting
9/14



Tissue Paper
Flowers
9/21

Autumn Gnome
Decoration
9/28



JEWELRY MAKING WITH NANCY

Thursday, September 8th at 3:00 pm

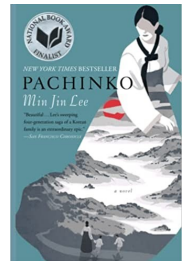
Design and craft a custom piece of jewelry with Nancy's helpful guidance. **Cost \$10.** Register at **508-866-4698 x3.**

BOOK CLUB SELECTION

Pachinko

By Min Jin Lee

Pachinko is an "extraordinary epic" of four generations of a poor Korean immigrant family as they fight to control their destiny in 20th-century Japan. **Please register at 508-866-4698 x3 and for a copy of the book.** Book Discussion Meeting: Monday, September 26th at 1:00 pm.



Beer & Wine Tasting Friends Fundraiser

Saturday, Sept. 17th, 12 noon - 3 pm

at the Carver Council on Aging, 48 Lakeview Street, South Carver **\$30 ticket per person, Ages 21+** Join our Beer and Wine Tasting Fundraiser to support the Friends. Special thanks to Jaime's Liquors and to the participating vendors.



Purchase tickets online with the QR code below or go to friendscarvercoa.com



FOOD PANTRY

Shane Gives Thanks - 128 Main St. Tues./Thurs - 8 - 1

*Wed 1 - 4

Sat/Sun/Mon - Closed

*Wed. is Veteran's Shopping Day **508-866-7673**

MEALS ON THE MOVE

The COA provides prepared meals for homebound elders.

Monday - Friday

Daily Cost: \$3.00

Call the Nutrition Center at **508-866-4698 x 4**

SHINE PROGRAM

Health Insurance Counseling

Appointments at the COA are not available at this time.

Please call the Regional Office at the Middleboro COA at 1-800-AGE-INFO (1-800-243-4636)



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366


Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330



SEPTEMBER 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Send an email to: CarverCOANews@carverma.org.</i></p>				1 Lunch 11:30 am BINGO 12:30 pm	2 Lunch 11:30 am	3
4	5 CLOSED FOR LABOR DAY	6 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Nutrition 1:00 pm Oil Painting 1:00 pm	7 CAPE ANN TRIP 9:15 am - 6:30 pm Adult Coloring 10 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm	8 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 3:00 pm	9 Lunch 11:30 am Line Dancing 1:00 pm	10
11  Please note the time change for Chair Yoga back to 10:00 am.	12 Chair Yoga 10:00 am SINGO 12:00 pm Lunch 11:30 am	13 Wellness Clinic 9:30 - 11:30 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Nutrition 1:00 pm Oil Painting 1:00 pm	14 Apple Painting 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm	15 Lunch 11:30 am BINGO 12:30 pm	16 Meet the Author 10:00 am Lunch 11:30 am Movie Matinee 12:30 pm	17 BEER & WINE TASTING FUNDRAISER 12 - 3
18	19 Chair Yoga 10:00 am Lunch 11:30 am	20 Wellness Clinic 9:30 - 11:30 Talk with the TA 10:30 am Lunch 11:30 am Nutrition 1:00 pm Oil Painting	21 Tissue Flowers 10:00 am Lunch 11:30 am Rummikub 12:00 pm Eyes on Owls 2:00 pm Acrylic Painting 5:00 pm	22 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm	23 Bereavement Support Group 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	24
25	26 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	27 Wellness Clinic 9:30 - 11:30 am iPad Class 10:00 am Lunch 11:30 am Nutrition 1:00 pm Financial Planning 1-4 Oil Painting 1pm	28 Fall Gnome 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00 pm	29 Lunch 11:30 am BINGO 12:30 pm	30 RMV REAL ID Workshop 10:00 am Lunch 11:30 am	